



## Echoes From Somers Seniors

A Monthly Publication of the Town of Somers Human Services Department

# September 2016 Newsletter



### Somers Senior Center

19 Battle St. ~P.O. Box 308

Somers, CT 06071

Phone 860-763-4379

Fax: 860-763-8229

Monday thru Friday 8:00am-4:00pm



### Somers Senior Center Staff

Christina Cenac.....Human Services Assistant

Florence Hurley.....Senior Center Coordinator

Pam McCormick..... Senior Center Assistant

Deanna Schuetz..... Human Services Director

John Morrison.....Dial-a-Ride Driver

Richard Day.....Dial-a-Ride Driver

### SPECIAL EVENTS IN SEPTEMBER 2016

- 9/1 Healthy Breakfast
- 9/2 Diabetes Support Group
- 9/6 Trip: 9-11 Memorial
- 9/9 Presentation: *Alzheimer's Association & Springfield Neurology*
- 9/12 Senior Center Month Celebration!!
- 9/13 Advisory Committee for Seniors
- 9/15 Blair Manor Breakfast
- 9/16 Presentation: *Medicare*
- 9/19 Presentation: *Identify Fraud/Scams*
- 9/20 Trip: *The Marcells*
- 9/23 Trip: *Mohegan Sun*
- 9/23 Friday Matinee: *Miracles from Heaven*
- 9/26 Apple Gourds Craft Class
- 9/27 Trip: *The Big E*
- 9/30 Presentation: *Emergency Preparedness*

**\*\*Sign up is required for all events\*\***

Important  
Information

*The Town of Somers Senior Center and activities offered at the Senior Center are open to all individuals ages 55+. **There is no membership required.** All seniors are welcome! It is our goal to create a warm and welcoming environment where seniors feel at home and can take part in social, educational and recreational activities. All activities within this newsletter take place at the Somers Senior Center, unless otherwise noted.*

\*\*\*\*\*  
★ *September is National Senior Center Month! To celebrate, the month is chock-full of extra events, activities, and opportunities for learning.*  
★ *This edition of our newsletter will highlight all that the Somers Senior Center has to offer, not just in the month of September, but all year long. The Somers Senior Center is open to all individuals age 55+.*  
★ *There is no membership required and it is our goal to create a warm and welcoming environment where seniors feel at home and can take part in social, educational, and recreational activities.*  
\*\*\*\*\*

### A NOTE FROM OUR FIRST SELECTMAN

Hello Everyone,

Did you know September is National Senior Center Month? Thus, it is with pleasure that Selectmen Kathy Devlin and Bud Knorr and I wish you all a very happy month! I know that the Senior Center will be celebrating the event and I hope to see you there. You should know that the parties are becoming legendary!

Looking back at the seven years that I've been here I am amazed by the growth of the Senior Center and the level of participation that has fueled such wonderful programs. I remember discussing the goals we had for the Center over each year and one vision remained consistent. It was the hope to get people to come together to talk, laugh, (maybe even argue a little- LOL!), hang out and feel like they are part of a safe supportive community network. It was all about feeling like you had family and that you weren't alone. When I see everyone there smiling, talking and getting involved I realize that it happened. New friends were met, maybe some old friendships rekindled and even a few romances sparked and I can't help but smile because the Center is full of life because of the people in it. Each one of you is the spark that together makes for such a great community. The Center is thriving because you are all thriving together. And that's a pretty good thing.

I would be remiss in not talking about our staff... Deanna, Christina, Flo, John, and Richard are wonderful. Always positive and enthusiastic they are the best of the best! I count on them for so much and so appreciate all that they do each and every day. We have some new additions to the staff and I hope that you get to meet Pamela McCormick and Donna Lavallee sooner rather than later. Pam has been hired to assume the role of part time Senior Center Assistant and Donna will be a part time Senior Center Bus Driver. Both individuals bring not only wonderful experience but a great sense of humor and joy to our Somers Senior Center Family. So, please enjoy this beautiful month and take advantage of the great weather! Be good to yourself and each other!!

Much love,  
Lisa Pellegrini, First Selectman



## National Senior Center Month Celebration!! Monday September 12th @12pm

It's time to party!! September is National Senior Center Month and the Somers Senior Center is certainly a Senior Center worth celebrating! Join us for a delicious luncheon catered by **Bear's Smokehouse Barbecue**, voted "Best BBQ" by the CTNOW Best of Hartford Readers' Poll. The menu will include pulled pork sliders, BBQ baked beans, mac & cheese, and coleslaw. Choose from apple crisp or peach cobbler for dessert! After lunch, we are in for a real treat! TOM STANKUS, or **T-BONE** to his audiences, is affectionately known as "America's musical Pied Piper;" and has entertained thousands of people since 1978. Maybe it's the child in him that enables T-BONE to connect so well with his audiences. Maybe it's the energy of a

runaway freight train! Whatever the reason, and before his audiences realize it, they are clapping, dancing and singing at T-BONE's shows. "I love making people happy," says T-BONE, "and it is particularly satisfying when my audiences feel that they are the most important part of the show. Which they are." Raffles and giveaways are also on tap for this spectacular event! Space is limited, so get your tickets early!

*Tickets are \$5 for Somers residents and \$8 for non-residents.*



### FRIDAY MATINEE

#### *Miracles from Heaven*

MIRACLES FROM HEAVEN is based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers her 10-year-old daughter Anna (Kylie Rogers) has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical

specialists mystified, her family restored and their community inspired. Popcorn (and tissues) will be served!

*Friday September 23rd@1pm Rated: PG Running time: 109 min.*

National Grandparents Day originated with Marian

### HAPPY GRANDPARENTS DAY



McQuade, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that **National Grandparents Day** would be celebrated every year on the first Sunday after Labor Day. Happy Grandparents Day from all of us at the Somers Senior Center!

## CREATIVE WORKSHOP

### Fall Apple Gourd Project

Gourd artist and Somers native Mary Harrington brings her unique talent to us with a creative fall Apple Gourd project. Participants will color their dried hard shell apple gourd with a transparent ink dye allowing the beauty of the wood like shell to show through. Three color options will be available: red, green and toffee. Embellishments will be added, and a wax finish applied to seal the finish. All supplies are included. The class should take 1 1/2 to 2 hours.

Mary has been growing and crafting gourds for over 15 years. She has been a participant in local craft fairs and shows. The hard shell gourds she grows resemble wood after they are dried and cleaned and last for ever. Please stop by the Somers Senior Center to see a sample of the project you can create!

**JOIN US MONDAY SEPTEMBER 26th @1pm**

*Cost of class is \$15 due upon sign-up*







CONVERSATIONS ABOUT DEMENTIA

## Conversations About Dementia

**Friday September 9th @ 2pm**

Did you know it is estimated that over 5 million people in the U.S. have Alzheimer's disease? Alzheimer's causes problems with memory and thinking. Alzheimer's disease usually affects older people and is a

**alzheimer's association**

progressive brain disease (meaning that it gets worse over time). It affects the way a person thinks, reasons, and solves problems. Please join us for an important and informative presentation by Ian MacDonald, North Central Regional Program Director of the Alzheimer's Association Connecticut Chapter. When someone is showing signs of dementia, it's time to talk. Often, conversations with family about dementia and their changing behaviors can be challenging and uncomfortable. This program will offer some tips for breaking the ice with your family so you can reduce the stress that accompanies the disease and get the support you and your family need. Issues such as going to the doctor, when to stop driving, and making legal/financial plans will also be discussed.

Over time, Alzheimer's can also affect behavior, personality, and language. Current medications can help manage some of the symptoms of Alzheimer's, but there is no cure for the disease. That's why doctors are researching new kinds of therapies that may help better manage these symptoms in the future. Come and learn about the National Clinical Drug Trials for mild to moderate memory impairment that are being offered at Springfield Neurology Research. View the trials that are currently enrolling on their website at [www.springfieldneurotrials.com](http://www.springfieldneurotrials.com), or call 413-781-5045 to find out more information.

**Desserts and refreshments will be provided**, courtesy of Stonebrook Village at Windsor Locks. This event takes place at the Somers Senior Center and sign-up is required.

## Understanding Your Medicare

**Friday September 16th @ 1pm**

Just in time for Part D open enrollment (October 15th-December 7th), representatives from the North Central Area Agency on Aging (NCAA) CHOICES (Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening) program will be at the Somers Senior Center to provide valuable information and to answer all of your questions. Don't miss this opportunity to ensure you are aware of all the coverage options available to you and that you are on the plan that is the best fit for you. Throughout the year, your medications and health conditions may change, and your current coverage may no longer be your best option. Being on the wrong plan could be costing you money!



## Identity Fraud/Scams

**Monday September 19th @ 1pm**

Mike Savenelli of Province Mortgage (Cheshire, CT) will be presenting a workshop on Identity Fraud and Scams. He will cover 10 major points that will help you to avoid becoming a victim and what to do if you've already fallen victim. 2014 numbers were staggering; 32 million people were victims. Mike has been in the credit industry for 47 years, has a vast background and continues to work and follow issues on this subject matter. He has served on the number of Credit Fraud organizations and has worked directly with law enforcement professionals. Valuable handouts will be provided.

**SCAMS**  
**TARGET YOU**  
PROTECT YOURSELF

## EMERGENCY PREPAREDNESS PRESENTATION

**Friday September 30th @ 12pm**



Did you know, in addition to being National Senior Center month, that September is also National Emergency Preparedness month? A 2015 National Households Study showed a positive relationship between awareness of emergency information and action toward being prepared for a disaster. Somers CERT (Community Emergency Response Team) will be presenting a program to help the Somers' senior community become more prepared for disasters. Somers CERT is a totally volunteer group that assists other emergency responders and the Town of Somers in times of major disaster (snow storms, hurricanes, chemical spills, fires, etc.). During past disasters, CERT helped run the emergency shelter, staff shower facilities, hand out food and monitor water distribution points. CERT is also involved in community events (Chili cook off, Paul Bowers tournament) and in helping our neighbors be prepared for emergencies.

On September 30 at 12pm, Somers CERT will present a program on how to shelter in place and how to safely evacuate if that becomes necessary. The federal government has estimated that in a major disaster, it could take 72-96 hours for emergency personnel to reach everyone affected by the disaster. CERT wants to be sure everyone knows how to prepare for this possibility. CERT will discuss what items you should have on hand for emergencies and what you should be sure to take if you leave your home. Those who attend will receive a bag with some items you can use to start your own emergency kit. Join CERT at the Somers Senior Center and to learn how to keep yourself safe during emergencies. **Lunch will be provided. Sign-up is required!**

# TRIPS & OUTINGS

At the Somers Senior Center, two types of trips are offered.

1. *Trips that are offered directly through the Senior Center:* We utilize our own Town of Somers buses for these types of trips. They are typically to destinations within an hour to 90 minutes from the Senior Center. Seating for these types of trips is extremely limited and you cannot sign up until the date indicated for each trip. These trips are open to Somers Seniors only, due to the limited seating.
2. *Trips that are offered through tour companies:* These types of trips utilize motor coaches, offer a wider variety of destinations, and can travel much further distances. You can sign up for these trips as soon as they are posted and you should sign up right away if interested. Some trips are shared with other senior centers and we are allotted a certain number of seats. If we run a trip independently, typically at least 40 passengers are required. In either case, if minimums are not met by the deadline indicated, the trip will be cancelled and payment will be refunded. These trips are open to both Somers residents and non-residents.

**\*\*\*\*\*PAYMENT IS DUE UPON SIGN-UP FOR ALL TRIPS\*\*\*\*\***

**Payments for all trips are non-refundable unless you find a substitute or have purchased insurance. Payment will be reimbursed only if minimums are not met and the trip itself is cancelled. Checks should always be made payable to the Town of Somers, unless otherwise noted.**

***The Somers Senior Center now also accepts MasterCard, Visa, and Discover!***



## 9/11 MEMORIAL MUSEUM

**Tuesday September 6th**

The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. The museum's 110,000 square feet is located in the archaeological heart of the World Trade Center site. This is an escorted trip and includes lunch at Ryan Maguire's on Wall Street. *Please note: There is a moderate amount of walking on this trip. Cost is \$103 per person due at sign up and includes round trip motor coach, tour guide, lunch, museum admission and gratuities. Open to all.*

## THE MARCELS

**Tuesday September 20th**

We're off to the Grand Oak Villa to see the guys who put the bomp in the bomp-a-bomp! In 1961, the Marceles sold over 2.5 million copies of their hit "Blue Moon" which has since been used in at least four major motion pictures and television shows such as Sha Na Na, Cheers, Moonlighting, Laverns & Shirley, and Happy Days! They also recorded the theme song "The Greatest Love" for the motion picture "The Interns" and appeared with Chubby Checker in the film "Twist Around the Clock". While the Marceles entertain you, you will enjoy appetizers, a family style meal, and carafes of wine on every table!

***Cost is \$89 per person due at sign up. Open to all!***



## DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

**Friday September 23rd~ 8:30am departure**

The David Gwilliam Mohegan Sun Trip includes: Round trip deluxe motor coach, two \$10 gambling vouchers, \$15 food voucher and driver's gratuity. ***\$25 per person non-refundable payment due upon sign up. Open to all! This is a very popular trip and seats are filling fast!***

## THE EASTERN STATES EXPOSITION Tuesday September 27th~8:30am departure

We're off to one of New England's best annual events! The fifth-largest fair in the nation, the Big E never disappoints! Stroll through the Avenue of States, see the animals, do some shopping, enjoy the entertainment, and, of course....bring your appetite!! Sample the famous Big E Cream Puff, try a fried Oreo, or tackle the acclaimed Craz-E Burger! Grab a baked potato or lobster roll in the Maine building, enjoy a bowl of clam "chowdah" in Massachusetts, or pick up some Vermont cheddar cheese! Are more traditional fair foods your thing? Funnel cakes, corn dogs, and so much more can be found around every corner. If there is one thing the Big E does not have a shortage of, it is food! Admission for seniors 60+ is \$12. Pay at the gate or get your ticket in advance at Big Y (available until Sept. 14th)! Bus will return at 3:30pm.

***Sign up begins September 1st. Open to Somers residents only due to limited seating.***



# TRIPS & OUTINGS



## THE TASTE OF GREECE

**Friday October 14th**

Save the date for this annual celebration of Greek food, culture, and tradition! In Ancient Greece, "Festival" meant "yiorti", a celebration in which Greeks would gather to celebrate either a feast day or a remarkable event for their town or nation-state. The tradition continued into modern times mostly centered around Christian holidays or saint's days within the Church. Whether festivals occurred in remote villages, suburban areas of larger cities or on a distant Greek island, the Greeks gathered to socialize, celebrate and enjoy themselves not at home, but in their favorite cafes, tavernas, and the Church square where their festival was held. Family and friends would be seen during the festival enjoying the variety of food, wines, coffee and desserts. Each year, The Greek Orthodox Church of St. Luke is transformed into a traditional Greek festival with The Taste of Greece. The community becomes the center of the authentic Greek spirit and offers the epicurean delight to all its neighbors and guests. The Taste of Greece offers traditional entertainment in the form of live music and folk dancing exhibition, shopping and cooking demonstrations. In keeping with the ancient Greek tradition of gathering to rejoice, the St. Luke parishioners open their doors to the public to celebrate all that is Greek. ***Sign-up begins September 30th. Open to Somers residents only. There is no admission charge for this event.***



## OKTOBERFEST

**Sunday October 23rd**

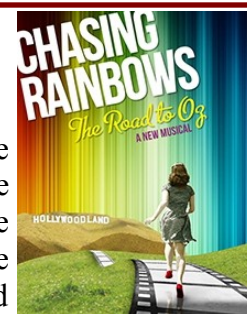
Join us for a fun filled day of German celebration! We are off to the Log Cabin in Holyoke, MA and will experience fall foliage in the heart of the Pioneer Valley. German Band The Jolly Kopperschmidts will provide the entertainment! Be sure to bring your appetite; the breakfast menu will include belgian waffle wedges, maple cinnamon buns, french toast, pancakes, home fried potatoes, bacon, sausage, scrambled eggs, and an omelette station! Mimosas and Bellinis will be served as well! For lunch, there will be a salad bar, bratwurst, knockwurst, jaegerschnitzel, and german potato salad. Don't forget the ice cream sundae bar and apple strudel for dessert! Beer and wine will be available throughout the day as well as warm pretzels. This is an annual celebration not to be missed!

***Cost is \$82 per person due at sign up. Open to all!***

## GOODSPEED & GELSTON HOUSE

**Thursday October 27th**

An awkward girl with a golden voice blossoms into Judy Garland in the inspirational new musical about the bumpy road to "Oz". The future superstar's complicated childhood comes alive with heartbreak, hope, and the music that made her famous. A love letter to gifted underdogs who reach high—and how the dreams that you dare to dream really do come true. Before the show, you will enjoy lunch at the historic Gelston House. The menu will include a Mixed Green Salad with House Vinaigrette and your choice of Pasta Primavera, Chicken Marsala, Bistro Steak, or Tilapia. Dessert, coffee, and tea will also be served. ***Cost is \$78 per person due at sign-up and includes your theater ticket, lunch/gratuity, and transportation. Sign-up has begun. Open to Somers residents only, as seating is very limited.***



## INTREPID SEA, AIR & SPACE MUSEUM

**Thursday November 10th**

Explore the 900 foot USS Intrepid, which fought in WWII, the Cold War and the Vietnam War. See the Space Shuttle Enterprise. Climb aboard the Submarine Growler, the only American guided Submarine missile submarine open to the public. Have lunch on your own at the Mess Deck Café. *Please note: There is a moderate amount of walking on this trip.* ***Cost is \$76 due at sign up. Open to all.***



## HISTORIC DEERFIELD STOCKING STUFFER TOUR

**Monday December 5th**

At the start of the day, everyone will receive a holiday stocking...and each stop will provide you with a gift to fill your stocking! The first stop is to ***Kringle Candle*** where you will have an opportunity to shop their main store and Christmas Barn. Next, you will enjoy a holiday buffet lunch at ***Champney's Restaurant*** at the Deerfield Inn. After lunch, it's a guided tour onboard the motorcoach of Main St. in Old Deerfield and a tour of the ***Stebbins House*** with an open hearth cooking demonstration focusing on holiday desserts. Enjoy a cup of hot cider before departing. Lastly, enjoy a ride through ***Forest Park's Bright Nights*** in Springfield. This will quickly become a holiday tradition you will want to continue year after year! ***Cost is \$95 per person due at sign up. Open to all!***







## MEET THE SOMERS STRIKERS!

Dan & Shirley French, Alan Franceski, & Dan Villani make up our wii bowling team. Complete with their own team t-shirts, the wii bowling team meets every **Wednesday at 1pm** and welcomes new players! We even have a second television set and wii console on the way so that we can begin tournament play! Wii bowling is wonderful exercise and a whole lot of fun! Come join us!



Do you like to play cards? Here at the Somers Senior Center we have several card groups always looking for new players!

**Pinochle:** Tuesdays @ 12:30pm

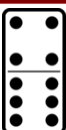
**Pitch:** Tuesdays & Wednesdays @ 1pm

**Bridge:** Thursdays @ 6:30pm

Chair aerobics is a free class done along with an instructional video. Join us on **Mondays and Thursdays at 10am!** This is a great low-impact workout!



Our dominoes group meets on **Wednesdays at 1pm**. The group is open to anyone, space permitting. We hope to have a larger space to play soon and will welcome new players! You are encouraged to call ahead to ensure the game is on!



## The Art Group

Our extremely talented Art Group meets on **Friday mornings from 9am-12pm**. They are one of the longest running and most well established groups at the Somers Senior Center. Artists bring their own supplies. All skill levels and all mediums are welcome to participate!

Our knitting group meets **Tuesday**

**mornings from 9am-**

**11am** and is open to all who are interested of all skill levels. The group is always happy to accept donations of yarn. Feel free to stop in and deliver directly to the group or drop off your donation anytime Monday-Friday from 8am-4pm!



## BINGO

BINGO takes place here at the Somers Senior Center every **Thursday from 12pm-3:30pm**. We are always looking for volunteers to call for BINGO! Please contact us if interested!

Qi (pronounced "chee") means the life force or vital energy that flows through all

Qigong  
氣功

things in the universe. Gong (pronounced "gung") means accomplishment or skill that is cultivated through steady practice. **Qigong helps to improve balance, coordination, flexibility, and to reduce stress.** Our instructor, Shar Christman, is certified in Tai Chi for Health & Balance. Qigong meets on **Fridays from 9:30am-10:00am**. Come give it a try! \$5 per class.

\*\*\*Your first class is free!\*\*\*

Did you know we are always working on a puzzle at the Somers Senior Center? And these puzzles are not for amateurs! When one of our visitors, Ann Levesque, brought in an enormous puzzle of the Titanic that she wanted to have framed for her grandsons, our most avid puzzle enthusiast, Ron Collyer, was up for the challenge. All the pieces looked exactly the same, in varying shades of black and dark blue. It took a lot of time and a lot of patience...but he (and a few others who were feeling ambitious) pieced it together. And can you believe that when they got to the end it was missing pieces?! Nonetheless, Ann pressed on and brought the puzzle to be framed. The store managed to make the background such that it was nearly impossible to tell where the missing pieces were. And it became a puzzle within a puzzle to try to find them! Great job Ron and company on finishing this masterpiece! Be sure to stop in to the Senior Center and see what puzzle we are working on next!





**Mobile Food share ( Behind Somers Congregational Church) Sept. 7th & 21st**  
**~Free Supper @ Somers Congregational Church on Sept. 15<sup>th</sup> -5:30 to 6:30pm**  
*\*Denotes an event sponsored by the Somers Senior Citizen's Club (members and non-members welcome)*  
**Pizza day is free for members and \$5.00 for non-members**

			<b>1. THURSDAY</b>	<b>2. FRIDAY</b>
			8:30am <b>Healthy Breakfast</b> 10:00-11:00 Chair Aerobics 12:00- 3:30 Bingo 6:30-9:30pm Bridge Club	9:00-12:00 Art Group 9:30 -10:00 Qigong <b>2:00- Diabetes Support Group</b>
<b>5. MONDAY</b>	<b>6. TUESDAY</b>	<b>7. WEDNESDAY</b>	<b>8. THURSDAY</b>	<b>9. FRIDAY</b>
<b>CLOSED FOR LABOR DAY</b>	7:30am <b>Trip : 9/11 Memorial</b> 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:30 Pitch Card Group	12-1pm *Lunch: Grinders, cut veg. chips and birthday cake  1:00- 3:30 Dominoes 1:00- 3:30 Wii Bowling 1:00- 3:30 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00- 3:30 Bingo 6:30-9:30pm Bridge Club	9:00-12:00 Art Group 9:30 -10:00 Qigong <b>2:00pm Presentation: Conversations About Dementia</b>
<b>12. MONDAY</b>	<b>13. TUESDAY</b>	<b>14. WEDNESDAY</b>	<b>15. THURSDAY</b>	<b>16. FRIDAY</b>
12:00pm <b>National Senior Center Month Celebration!</b>  *Chair Aerobics will not be held today*	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:30 Pitch Card Group 1:30pm Advisory Committee for Seniors (Town Hall)	12-1pm *Lunch: Baked stuffed chicken breast, rice, peas, salad & rolls, brownies  1:00- 3:30 Dominoes 1:00- 3:30 Wii Bowling 1:00- 3:30 Pitch Card Group	8:00-3:30 Foot care (Call 860-763-4379 for appt.) 8:30am <b>Blair Manor Breakfast</b> 10:00-11:00 Chair Aerobics 12:00 -3:30 Bingo 6:30 -9:30pm Bridge Club	9:00-12:00 Art Group 9:30 -10:00 Qigong <b>1:00pm Presentation: Understanding Your Medicare</b>
<b>19. MONDAY</b>	<b>20. TUESDAY</b>	<b>21. WEDNESDAY</b>	<b>22. THURSDAY</b>	<b>23. FRIDAY</b>
10:00-11:00 Chair Aerobics  1:00pm <b>Presentation: Identity Fraud &amp; Scams</b>	8:30am *Coffee & Donuts <b>9:45 Trip: The Marcels</b> 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:30 Pitch Card Group	12-1pm *Lunch: Pizza, salad, ice cream sandwich  1:00- 3:30 Dominoes 1:00- 3:30 Wii Bowling 1:00- 3:30 Pitch Card Group	8:00-3:30 Foot care (Call 860-763-4379) for appt.) 10:00-11:00 Chair Aerobics 12:00 -3:30 Bingo 6:30 -9:30pm Bridge Club	<b>8:30am Trip : Mohegan Sun</b> 9:00-12:00 Art Group 9:30 -10:00 Qigong
<b>26. MONDAY</b>	<b>27. TUESDAY</b>	<b>28. WEDNESDAY</b>	<b>29. THURSDAY</b>	<b>30. FRIDAY</b>
10:00-11:00 Chair Aerobics  1:00 <b>Craft Class: Apple Gourds</b>	<b>8:30am Trip: The Big E</b> 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:30 Pitch Card Group	11:30-12:30 BP/BS 12-1pm *Lunch: Stuffed peppers, corn, salad & rolls. Apple crisp with ice cream  1:00- 3:30 Dominoes 1:00- 3:30 Wii Bowling 1:00- 3:30 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00 -3:30 Bingo 6:30 -9:30pm Bridge Club	9:00-12:00 Art Group 9:30 -10:00 Qigong <b>12:00pm Lunch &amp; Learn: CERT TEAM Emergency Preparedness</b>

Somers Senior Center  
19 Battle Street  
PO Box 308  
Somers, CT 06071

PRSTD STD  
US POSTAGE  
PAID  
HARTFORD, CT  
PERMIT #158



### Farmers' Market Vouchers

If you are over age 60 and your gross annual income falls below \$21,775 for an individual or \$29,471 for a couple, you may be eligible to receive \$18 in free vouchers to use at any Farmer's Market statewide! Available by appointment. *Please call Christina at 860-265-7551 for more information!*



### FREE DENTAL CARE CLINIC!

**Sept. 16th-17th Doors open at 6am**

1 Civic Center Plaza in Hartford (XL CENTER)

- \*No eligibility or income requirements
- \*No appointments— First come, first served

- |               |                         |
|---------------|-------------------------|
| • Cleanings   | • Flouride Treatments   |
| • Extractions | • Root Canals (limited) |
| • Fillings    | • X-rays                |

The Town of Somers Meals on Wheels Program is very much in need of volunteers to deliver meals. Volunteers can deliver once a month, once a week, or whenever their schedule permits. If you are or someone you know is interested in volunteering, please contact Christina Cenac at 860-265-7551 or [Ccenac@somersct.gov](mailto:Ccenac@somersct.gov).



The Town of Somers Social Services Department will begin taking applications on September 1st for the Connecticut Energy Assistance Program. Please contact Christina Cenac at 860-265-7551 for more information. ***Applications are accepted by appointment only.***



### Diabetes Support Group Friday September 2nd @2pm

Blair Manor is facilitating a monthly diabetes support group. The group meets the first Friday of the month from 2-3pm to discuss the challenges of diet, exercise and health. *We would like to extend our appreciation to Blair Manor for facilitating this support group, as well as for providing the seniors of Somers with complimentary breakfast and lunch every month.*

You can currently apply for Operation Fuel for your electric bill if you have a shut-off notice or are 30 days or more past due. Maximum gross annual income is \$33,132 for an individual and \$43,327 for a couple. Please call Christina Cenac at 860-265-7551 for more information.

